

# FrontLine Employee

Wellness, Productivity, & You!

Call EAS: Olympia (360) 753-3260 **Seattle (206) 281-6315** Spokane (509) 482-3686

Website: <http://hr.dop.wa.gov/eas.html>

**SEATTLE** EAS IS MOVING to a new location beginning December 17, 2001. The new address & phone number are: **701 Dexter Ave N., Suite 108, Seattle, WA 98109; (206) 281-6315.**

## Stress Tips from the Field:

### Letting Go!

**T**o let go doesn't mean to stop caring, it means I can't do it for someone else.

- ☛ To let go is not to enable, but to allow learning from natural consequences.
- ☛ To let go is not to fix, but to be supportive.
- ☛ To let go is not to regret the past, but to grow and live for the future.
- ☛ To let go is not to be in the middle arranging outcomes, but to allow others to effect their own outcomes.



### Drunk Driving Tis the Season!



**December is National Drunk and Drugged Driving Prevention Month (3D).** Alcohol takes its toll in auto crashes during the holiday season, but some weekends are more dangerous than others. December 15-17 has been dubbed National Holiday Lifesavers Weekend for this reason.

**Check out the** 3D Prevention web site: <http://www.3dmonth.org/party.htm>. The 3D Prevention web site contains many tips for party hosts including non-alcoholic drink recipes. It is illegal for persons under the age of 21 to possess or drink alcohol in all 50 states and the District of Columbia. What many parents don't know: If an underage drinker's blood alcohol concentration (BAC) is at any level above .00, they can be charged with driving under the influence in many states.

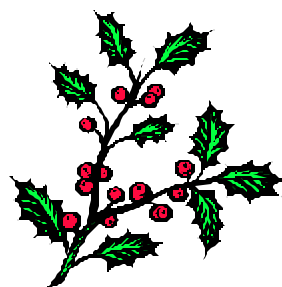
## Stretching to Your Goal



"**N**ever mind creativity, man, just give me a deadline."

Like many achievers, Louis Armstrong, the famous entertainer, understood an important principle: When human beings are put on the line and success is absolutely necessary, they usually come through. This goal achievement technique is called "stretching." The roadblock most people face in acting on their goals is fear of failure. Louis Armstrong learned that once you act on a goal, fear of failure can turn around to become a powerful force for motivation to be successful rather than a roadblock to taking action. Where can you stretch?

### HANDLING HOLIDAY STRESS



**T**ake time to remember what's important: List three things that will make your

holidays special and concentrate on those. Do what you enjoy- not what you think you *should* do.

Take Care of You: Eat and drink wisely. Exercise.

Make time to relax. Get a massage or take a hot bath.

Simplify: Budget money and time realistically and stick to your budget. If you are having a party, get someone to help you. Don't expect everything to be "perfect".

Tune in to Your Emotions: Extend love and joy, and be open to receiving it. Judge less. Be flexible. Share feelings of sadness and discuss how to make the season less painful. Help others in your community.

# Emotional IQ

Feeling Your Way to Success



**"Emotional intelligence"** is a term made popular by the best-selling book, *Emotional Intelligence*. Sixty years of research demon-

strate that personal success is strongly linked to your ability to perceive, identify, and manage emotion. This means being able to get along with other people, handle frustration, and maintain meaningful relationships. Intellectual IQ by itself plays a lesser role at predicting personal and job success. To increase your "emotional IQ," seek personal improvement in identifying your feelings and using them to make effective life decisions. Seek help for depression, if needed, and learn to reduce worry and control anger effectively. Persist in the face of setbacks, focusing on the pursuit of your goals. Practice paying attention to others, individually and in groups, to detect the predominant emotions even when they are not spoken.

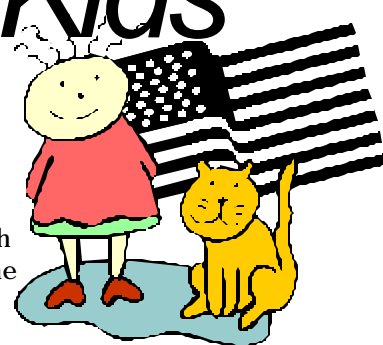
Source: *Emotional Intelligence*, 1995.

# Remember Heroes



**The National Fallen Firefighters Foundation** remembers those killed in the line of duty. Information about its programs can be found at [www.firehero.org](http://www.firehero.org). Concerns of Police Survivors, Inc. (COPS), a national grief support organization composed of nearly 8,000 surviving families of law enforcement officers killed in the line of duty, asks concerned citizens nationwide to support Project Blue Light. During the holiday season, put blue lights in your holiday decorations and your windows. Also, tie a [blue ribbon](#) on your car antenna to show support for law enforcement officers.

# Helping Kids Cope with Crisis



To assist children in coping with severe stress associated with the September 11<sup>th</sup> incident, one national child development expert, Dr. T. Berry Brazelton, recommends the following:

- 1. Listen to your child** and discuss his or her fears. Help children believe that they are safe and so are those who take care of them.
- 2. Tell children a bit of the truth** in simple terms, depending on the child's age. Don't share more than asked for. Some facts reduce fear by preventing a child's worst fears from filling in the gaps.
- 3. Maintain a normal routine** as much as possible. Routines are important. They reassure your child that things are under control.
- 4. Set limits on exposure to TV images** that can be traumatizing.
- 5. Resist stereotyping or labeling** other cultures, peoples, and religions. Help children understand that not all people in a given culture act in evil ways.
- 6. Children watch and listen** for adults' reactions to the traumatic events. How you respond and handle your anger and fears in front of your child will impact their mental well-being. Be cautious about exposing children to strongly-worded adult conversations.
- 7. Take care of yourself.** Attempt to live a normal life.

Source: PR Newswire

# EAS: Help for Your Back



**Some physicians** are promoting a new strategy in an effort to help back pain sufferers — resolving psychological or social problems that interfere with treatment and motivation to get well. Research shows that a significant number of back pain sufferers stay incapacitated longer, seek pain relief more often, and struggle more to cope if they are adversely affected by stress, personal problems at home and at work, and conflicts in relationships that sabotage motivation to get on with life. Feeling determined to get on with life despite the compromise in physical activity can make the difference in successfully managing back pain and increasing function. Is there a role for EAS in your back pain solution?

Source: *The Back Letter*, V.16, No. 1.

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